

Reflection #9 Prayer

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**1. Prayer, say the authors, is the first and indispensable disciple of compassion. How do they explain this?**

The authors state that praying and acting is essential to developing discipline and patience. We will experience God's compassion in prayer during our trials. At first glance, the relationship between prayer discipline and worship may seem odd. We've concluded that our prayer life should be improved. We may excuse ourselves from praying by telling ourselves we are too busy or have too much to do. In our hectic lives, prayer is not a top concern. Only through prayer, which we understand as Christians, can we experience peace and communion with God. Worship as a practice defines the Christian life in various ways. When we pray, we must be vulnerable and naked before God, saying to ourselves and others that we cannot do anything without him. The issue is that prayer has been reduced to a last-resort option after all other options have been exhausted. As a result, our impatience has affected even God. To assist us in getting closer to him, Jesus Christ gave us the ability to pray. Removing anything that would inhibit the Holy Spirit entrusted to us by Jesus Christ from freely speaking to us is part of developing a discipline of prayer.

**2. Share your thoughts about prayer as entering "deep, inner solidarity with all human beings so that in and through us they can be touched by the healing power of God's spirit."**

It is the Spirit of Christ who makes a Christian's life spiritual. In the case of the gospel, it speaks a language of the Spirit, which is easily misunderstood by others. The Father invoked Jesus' name when he sent the Holy Spirit to us. The Holy Spirit transforms us into sons and daughters of the Father and brothers and sisters of Christ. A fullness of agape love is received when the Holy Spirit is received. Through this Spirit, discipleship is made possible, discipleship that follows Christ's path and participates with Him in his most intimate life within the Trinity.

Solidarity is an essential aspect of having a compassionate life. It inspires us to confront life's challenges head-on in solidarity with the marginalized. We must work with them to end injustice, repression, and oppression. Prayer is the first essential practice of compassion, since it is also the first test of human solidarity. People frequently equate prayer with soliciting help from others, yet true prayer links us to our global family. We pray because the Spirit within us works to unite and foster a sense of community among all people.

***3. Discuss this statement: "Compassionate prayer does not encourage the self-serving individualism that leads us to flee from people or to fight them." Why is knowledge of this so necessary?***

Prayer for all people with compassion is at the heart of the Christian life. You will get whatever you ask for in prayer, as Jesus states in Matthew 21:22. (Mt 21:22). Compassionate prayers include those for fellow Christians, friends, family, and other loved ones. Jesus makes no ambiguous statements. Jesus tells those who are killing Him to love their enemies and to pray for them as he suffers on the cross (Mt 5:44). Through prayer, we can bring our adversaries into the center of our hearts and therefore win them over first in our hearts. Praying for our enemies is the first thing we should do when considering them enemies. This is unquestionably a challenging task. Our hearts must be sufficiently disciplined to let people who dislike or harbor animosity toward us enter the intimacy of our hearts' closeness. If a person's actions make us feel uncomfortable, hurt, or even dangerous, they are unlikely to win our affection.

## Reference

McNeill, D. P., Morrison, D. A., & M., N. H. J. (2010). *Compassion: A reflection on the Christian life*. Darton, Longman and Todd.